



HELPING OTHERS FEEL BETTER

Helping Others Feel Better is an activity that helps students practice the skills they will need to help people who are in a bad mood or having a bad time. We sometimes forget that these skills are learned through adults modeling and through practice.



Steps:

Discuss with the group what children can do to help others feel better:

1. How can you know how someone else feels?
 - a. **Possible answers:** Listen to what they say, ask them how they feel, look closely at their face and body, watch what they do
2. How can we recognize when another child is feeling bad or left out?
 - a. **Possible answers:** Making a sad face, not laughing when others laugh, crying, not looking at anyone, playing alone
3. How can we cheer up kids who feel bad and help them feel better?
 - a. **Possible answers:** Pay attention to them, pat them on the back, ask them if they'd like to play with you

Next, use role-playing to help children practice recognizing a child who is feeling hurt and helping the child feel better.

- Have the group divide into pairs.
- Ask one child in each pair to pretend that he or she has been bullied and feels bad, while the other child pretends to be a bystander who tries various ways to make the bullied child feel better.
- Have the pairs of children switch roles and repeat the activity.
- Discuss with the group how the bystanders could tell that the bullied child was feeling hurt and how the bystanders made the bullied child feel better.